

## Recommended Sequence of Courses

**Program of Study:** Fitness, Nutrition and Health Major

**Department:** Kinesiology, Athletics and Dance

**Coordinator:** Tara Jacobson (707) 778-4116

**Effective:** Fall 2015

Course Number	Course Title	Units
<b>First Semester</b>		
FDNT 10	Elementary Nutrition	3.0
HLE 6	Standard First Aid and CPR	0.5
KINES 80	Intro to Kinesiology and Anatomy	3.0
KINES 81	Intro to Exercise Physiology	3.0
KINES 83	Techniques of Fitness Instruction	3.0
LIR 10 or LIR 30	Information Literacy	1.0
Restricted Elective	1 Physical Activity Class from list of Restricted Electives	1.0
<b>First Semester Unit Total:</b>		<b>14.5</b>
<b>Second Semester</b>		
KINES 82	Exercise Assessment and Prescription	3.0
KINES 4	Care and Prevention of Athletic Injuries	3.0
KINES 53	Principles of Health and Wellness	3.0
FDNT 60	Nutrition and Physical Fitness	1.0
KINES 50	Teaching Aide	1.0
WEOC 99I	Work Experience/Internship	1.0
KINES 1	Introduction to Kinesiology	3.0
<b>Second Semester Unit Total:</b>		<b>15.0</b>
<b>Third Semester</b>		
General Education		15.0
<b>Third Semester Unit Total:</b>		<b>15.0</b>
<b>Fourth Semester</b>		
General Education		7.0
Free Electives		8.0
<b>Fourth Semester Unit Total:</b>		<b>15.0</b>

**Minimum units to meet program requirements:**

Major	<b>29.5</b>
AA Degree	<b>60.0</b>

Notes:

KINES 50 should be taken for 1.0 unit only

WEOC 99I should be taken for 1 unit only